



Statistics Report 01251, Cheese, Mexican blend

**Report Date:** July 16, 2017 17:43 EDT

Nutrient values and weights are for edible portion

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water	g	42.48	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Energy	kcal	358	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Energy	kJ	1497	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Protein	g	23.54	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Total lipid (fat)	g	28.51	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Ash	g	3.72	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Carbohydrate, by difference	g	1.75	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Sugars, total	g	1.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Sucrose	g	0.07	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Glucose (dextrose)	g	0.14	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Fructose	g	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Lactose	g	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Maltose	g	0.06	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Galactose	g	0.04	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	659	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Iron, Fe	mg	0.59	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Magnesium, Mg	mg	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Phosphorus, P	mg	438	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Potassium, K	mg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Sodium, Na	mg	338	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2013
Zinc, Zn	mg	3.01	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Copper, Cu	mg	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Manganese, Mn	mg	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Selenium, Se	μg	15.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Fluoride, F	μg	8.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
<b>Vitamins</b>													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Thiamin	mg	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Riboflavin	mg	0.318	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Niacin	mg	0.114	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Pantothenic acid	mg	0.249	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin B-6	mg	0.061	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Folate, total	μg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Folic acid	μg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Folate, food	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Folate, DFE	µg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Choline, total	mg	15.7	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Betaine	mg	0.2	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin B-12	µg	1.23	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin A, RAE	µg	174	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Retinol	µg	170	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Carotene, beta	µg	56	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin A, IU	IU	659	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Tocopherol, gamma	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin D (D2 + D3)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin D3 (cholecalciferol)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin D	IU	21	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Vitamin K (phylloquinone)	µg	2.5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
<b>Lipids</b>													
Fatty acids, total saturated	g	17.027	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
4:0	g	0.922	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
6:0	g	0.417	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
8:0	g	0.271	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
10:0	g	0.568	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
12:0	g	0.527	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
14:0	g	3.026	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
16:0	g	7.925	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:0	g	3.372	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Fatty acids, total monounsaturated	g	7.871	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
16:1 undifferentiated	g	0.857	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:1 undifferentiated	g	7.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Fatty acids, total polyunsaturated	g	0.864	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:2 undifferentiated	g	0.532	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 undifferentiated	g	0.332	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Cholesterol	mg	95	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
<b>Amino Acids</b>													
Tryptophan	g	0.355	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Threonine	g	0.869	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Isoleucine	g	1.356	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Leucine	g	2.170	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Lysine	g	1.655	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Methionine	g	0.600	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Cystine	g	0.117	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Phenylalanine	g	1.200	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Tyrosine	g	1.122	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Valine	g	1.511	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Arginine	g	0.785	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Histidine	g	0.735	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alanine	g	0.650	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Aspartic acid	g	1.570	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Glutamic acid	g	5.403	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Glycine	g	0.403	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Proline	g	2.580	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Serine	g	1.198	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Caffeine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011
Theobromine	mg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2011